LCN Connections

The Monroe Institute Local Chapter Network

February 2013

Issue 6

TMI LCN Chapter Poway, CA - Fred Rible

I was ecstatic, for my first chapter meeting was finally going to take place on 15 October 2011. It had been seven months since I'd attended my first LCN Retreat at the urging of a dear TMI friend and LCN member, Pam Boyer. I'd been interested in having a chapter but time seemed to be a problem as I was working in a very challenging and time consuming job for the US Naval Air Forces. Meeting several of the Chapter Leaders soon changed my mind and the retreat became the catalyst that started the ball rolling. Including my wife, Shirley, twelve attendees were expected. Only three of those had been to a TMI residential program. Could I make them understand my passion and the reason I decided to form this group? What was I going to say? It had been over 14 years since I'd attended my first Gateway Voyage and 15 years before that when I'd began meditating in earnest. It was about that time, in early 1983, that I had come face-to face with "***Journeys out of the Body***" in a San Diego bookstore and soon read it cover-to-cover, twice! "***Far Journeys***" soon followed. By June 1997, I'd been meditating for some time with some profound results so my expectations were fairly high when I began my Gateway Voyage. However, frustration soon set in as I didn't seem to be getting very much out of the program. That soon changed, and by Monday afternoon I'd realized how subtle the changes to my experiences were due to the Hemi-sync®. It was like appreciating the finer details of all I'd perceived, as going from seeing just a baseball to appreciating the ball's essence and finer points; the cowhide, the color and nature of the stitching, texture, etc. *Cont. Pg 6.*

> **"Could I make them understand my passion and the reason I decided to start the group?"**

2013 The Year Ahead – Frank DeMarco

Last year, the world failed to end. It keeps doing that, I notice. Even though we are repeatedly threatened, or promised, that "the end of the world as we know it" is near, it never seems to come about. Or could it be that it's happening and we're not noticing? What if 2013 turned out to be the year we learned to spend less attention on politics and ideology and conspiracies (real, distorted or imaginary), and more on our unbreakable and invaluable but often neglected connections with the non-physical world?

> ***"Last year the world failed to end."***

It needn't be hard. The first step is to see our lives differently.

Telepathy, communication with the disembodied, and ordinary physical communication are usually considered to be different things. But the *process* of communication is the same in each case. Cont. *Page. 8.*

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Special points of interest:

- Book Review. - Global Mind Change
- Hemi-Sync® . - Touching Earth
- 2013 Visions
- February LCN Retreat

Global Mind Change - Willis Harman

The book is a fascinating, insightful, and credible account of the global mind change that has been going on for over half a century now and is rapidly accelerating. Harman explains how scientists are fundamentally changing their view of what constitutes reality and how we are moving away from a mechanistic view of how mind and body function. The scientific community is beginning to realize that consciousness exists beyond the physical body and that we are all part of a greater whole. We do not exist in isolation subject to only localized causation. Expressed in more human terms, one person suffering from homelessness, hunger, and emotional trauma in one physical location on the planet affects us all. Harman looks at how this shift in perception is impacting different areas of human activity such as business, health care, and politics. For example, it has become more common for people in the business world to make decisions based on their intuition, though often referred to as "gut feeling." This new view of reality is much more in line with the world of quantum physics. The new paradigm, acknowledges and validates the subjective experiences of people and suggests that we bear a great deal of responsibility for our individual and collective realities. In other words, we are not helpless victims adrift in a cold heartless world, powerless to effect positive change. We are far more powerful beings than we might ever imagine.

> **"We do not exist in isolation subject to only localized causation."**

Tip Walker

Excursion Workshops - See pg. 13 for more about Excursions

TMI Excursion Workshop
Winston-Salem, NC

TMI Excursion Workshop
Winston-Salem, NC
Date: April 13-14, 2013
Contact: Ellen Jones-Walker
For information email Ellen:
ejones@swva.net

This is an official accredited TMI Outreach Program

TMI Excursion Workshop
Roanoke, VA

TMI Excursion Workshop
Roanoke, VA
Date: April 20, 21, 27, 2013
Contact: Ellen Jones-Walker
For information email Ellen:
ejones@swva.net

This is an official accredited TMI Outreach Program

TMI Excursion Workshop

TMI Excursion Workshop
Paradise Point QLD Australia
Date: April 13-14, 2013
Contact: Gwen Jones
For information email Gwen:
jonesgwen@msn.com.au

This is an official accredited TMI Outreach Program

International Gateway Voyage Programs

Gateway Voyage

Where: Platres, Cyprus (Eastern Mediterranean)

When: May 18 - 24, 2013

Contact: Linda Leblanc TMI Residential Facilitator at psygnos@spidernet.com.cy, www.psychognosia.org

The Gateway will be held at a small family-run hotel, reserved exclusively for our group, in the mountain resort of Platres. It is a listed, 1920's style building recently tastefully refurbished to meet modern standards, located amongst pine trees in a quiet hillside village. The unique ambiance offers traditional Cypriot hospitality, peace and elegant simplicity.

Semiramis Hotel

Gateway Voyage

Where: Purley Chase Centre, Warwickshire, England

When: August 17 - 23, 2013

Contact: Luigi Sciambarella

Email: info@monroeinstituteuk.org, www.monroeinstituteuk.org

The Monroe Institute's

Local Chapter Network Retreat

February 23 – 24, 2013

Growing Vibrant Local Chapters

Join us at TMI in Virginia USA for our 5th Annual LCN Retreat, as we explore together what it takes to start, grow and maintain a vibrant local chapter!

$175 all-inclusive

Retreat starts the afternoon of Feb 23 following the Outreach Facilitator Retreat and ends the evening of Feb 24. Departures are the morning of Feb 25th.

Contact TMI to Register at 866-881-3440 or by emailing: tammy.matheny@monroeinstitute.org

Contact tmilcnglobal@gmail.com with questions

Become Inspired!

- *Experience Various Local Chapter Meeting Styles*
- *Exchange Ideas With Other Local Chapter Leaders*
- *Enhance Your Current Local Chapter Meetings*
- *Explore Creative Uses of TMI Audio Technology*

LCN Retreat Live Streaming Sessions

If you cannot join us in person at the TMI LCN Retreat in February we have another option. "Join us at our channel on Ustream.tv. OR Via Telephone and Skype (Audio and Computer Chat).

1. (Audio) Join the conference call: Dial: (530) 881-1300 Access Code: 276591# (Audio).

2. (Computer Chat) Freeconferencing.com

TIMETABLE:

(All times are EST-TMI TIME)

Sat. February 23, 2013

7:00 PM – 9:00 PM

- Sample Chapter Meeting

Sun. February 24, 2013

9:00 AM – 12:00 Midday

- Overview of Theme & Goals
- History of the LCN
- Annual Report
- Chapter Leader Training (modules)
- Newsletter
- Cyberspace & the LCN

Mon. February 25, 2013

9:20 AM – 10:10 AM

- Executive Director's Address
- State of the Regions: Update

2:30 PM – 6:00 PM

- Vibrant Local Chapters
- Creative Combinations
- Chapter Portal

7:00 PM – 9:00 PM

- Sample Chapter Meeting
- Closing Open Forum Question/Answer Session

LCN Chapter Directory - US Regions

Region 1 – New England

Auburn, ME
Contact: CL Sue Jordan
SueWinterJordan@yahoo.com

Camden, ME
Contact: CL CJ Kenna
cj@rockthepath.org

New England, CT, ME, RI
Contact: CCL David Baird
dbaird@msn.com

Redding, CT
Contact: CL Margo Gross
margo174@optonline.net

Region 2 – Northeast

Bethlehem, PA
Contact: CL Tinamarie Alaimo
sexilize@aol.com

Geneseo, NY
Contact: CL Shannon Pickney
shannonpinckneylac@gmail.com

New York, NY
Contact: CL Allison Moore
amoore@nyc.rr.com

New York, NY
Contact: CL Heather Alfono
hmalfano1977@yahoo.com

Philadelphia, PA
Contact: CL Martha Monroe
mmonroe001@comcast.net
Contact: CL Robert Potter
ropotter500@gmail.com

Region 3 – Mid Atlantic

✵ ***Charleston, WV***
Contact: Steve Kaunoski
stevek302@suddenlink.net
path2selfdiscovery@gmail.com

Lynchburg, VA
Contact: CCL Eben Alexander 111
ealexanderiii@earthlink.net

McClean, VA
Contact: CCL Parvin Soltani
parvinsoltani@aol.com

Midlothian, VA
Contact: CCL Donna Adams
donnaadams@comcast.net

New River Valley, VA
Contact: CCL Tip Walker
& CCL Ellen Jones-Walker
cwalker@swva.net

✵ Denotes a New Chapter **CCL – Certified Chapter Leader** **CL – Chapter**

Region 4 – Southeast

Amelia Island, FL
Contact: CL Don & Cindy Murphy
domehealingcenter@gmail.com

Atlanta, GA
Contact: CL Shaye Hudson
shaye.hudson@gmail.com

Birmingham, AL
Contact: CCL Ed Orth
eorth@charter.net

Boynton Beach, FL
Contact: CCL Beatriz Cymberknopf
binaazjz@gmail.com

Naples, FL
Contact: CCL Tony Eller
TonyEller@aol.com
Contact: Candie Sanderson
TMI.Naples@gmail.com

New Smyrna Beach, FL
Contact: CCL George & Peggie Painter georgepainter@cfl.rr.com

Ocala, FL
Contact: CCL Jean McDoniels
Ocalalight@aol.com

Orlando, FL
Contact: CCL Michael Velasquez
hemisyncclasses@aol.com

Orlando, FL
Contact: CCL Derek Simons
dereksimons1@gmail.com

Palm Coast, FL
Contact: CL Patricia Hale
PHale0913@aol.com

Raleigh, NC
Contact: CCL Dawn Tobin
lightworkerdawn@humiluminous.com
Meetup Group Link

Sandy Springs Atlanta, GA
Contact: CCL Elissa Maclachlan
elissa@spiritleap.com

Tampa Bay Area, FL
Contact: CCL Steve DerDerian
TempleMound@live.com

LCN Chapter Directory - US Regions (cont)

Region 5 – Upper Midwest

Appleton, WI
Contact: CCL Laurin Bellg
laurinbellg@att.net
Meetup Group Link

Chicago, IL
Contact: CCL Scott Desgrosseilliers
Scott@themeditationmind.com
Meetup Group Link

Cincinnati, OH
Contact: CCL Andrea Berger
aberger@cinci.rr.com
Meetup Group Link

Columbus, OH
Contact: CL Scott Sawatzki
pharossolutions@yahoo.com

Detroit, MI
Contact: CL Rebecca Brown
elrebbrown@yahoo.com
Meetup Group Link

Fond du Lac, WI
Contact: CL Lisa Reber & Linda Heimerman
lisareber@your-souls-journey.com

Minneapolis, MN
Contact: CL Adam Schmidt
schmidtadamc@yahoo.com

Muncie, IN
Contact: CL Brad Southwick
bsouthw915@aol.com
Meetup Group Link

Woodridge, IL
Contact: CCL Marinda Stopforth
peekaboo1za@aol.com

Region 6 – Southwest

Austin, TX
Contact: CCL Bob Marshall
TMI.Austin@gmail.com

Austin, TX
Contact: CL Michael Minuto
mminuto@yahoo.com

Dallas, TX
Contact: CL Luis Hernandez
luisfhc@live.com

Houston, TX
Contact: CCL Beth Vaughan
bethsrt@hotmail.com
Meetup Group Link

Houston, TX
Contact: CL Katherine Weldon-Mitchum Katherine@livinaboard.com

Oklahoma City, OK
Contact: CL Chris Nance
yeshua2000@yahoo.com
Meetup Group Link
Contact: CCL Allyn Evans
TMIcommunity@yahoo.com

San Antonio, TX
Contact: CCL Keith Gunnell
TMI-SanAntonio@hotmail.com

Region 7 – Midwest

Iowa City, IA
Contact: CCL Karl Boyken
tmiiowacity@gmail.com
Facebook Page Link

Region 8 – Rocky Mountain

Boulder/Denver, CO
Contact: CCL Matthew Joyce
matthew@higherselfguides.com

Crawford, CO
Contact: CCL Cindy Lyn Bartholome
hbcgreetings@aol.com

Salt Lake City, UT
Contact: CL Travis Woodward
travis.woodward@gmail.com

Region 9 – Western Region

Phoenix, AZ
Contact: CCL Howard & Deborah Patterson
hpatterson@sonoranaudio.com
Meetup Group Link

Who Can Start a Local Chapter?

Attendees of a two-day Excursion Workshop or a six-day residential program at The Monroe Institute (TMI) are eligible to start a Local Chapter (LC). You will work with the Regional Coordinator in your area to help you get started. They will support you in establishing a local network regardless of your experience.

To get started follow the link and complete the form.

Region 10 – Pacific Northwest

Columbia City, OR
Contact: CL Renee Menchen
menchen@comcast.net

Portland, OR
Contact: CCL Alpesh "Al" Parikh
Alpesh_writer@yahoo.com

Region 11 – California

Alameda, CA
Contact: CL Bruce Kallsen
bkallsen@gmail.com

Beverly Hills, CA
Contact: CL Jeanne Mount
jgriffinlion@yahoo.com

El Dorado, CA
Contact: CCL Duncan MacVean
dm95623@gmail.com

Modesto, CA
Contact: CL Kari Boltwood
karialane@comcast.com

Monterey, CA
Contact: CCL Kathy Streletzky
TMIExcursion@gmail.com

Newport Beach, CA
Contact: CL Walter Dietiker
wdietiker1@yahoo.com

Citrus Heights, CA
Contact: CL Griffin Toffler
griffin@livingdiamond.net

Strathmore, CA
Contact: CL Louise Fisher
flfish@citrusmom.com

San Diego, CA
Contact: CCL Fred Rible
f_rybul@yahoo.com
Contact: CL Mary Giovaniello
popazza@sbcglobal.net

TMI LCN Chapter Poway, CA (cont. from page 1)

By Tuesday I'd realized that all the peripheral "interference" in my meditation sessions were other meditating program participants. Wow! Amazing! The biggest gift of all was on Tuesday afternoon when I'd encountered my son, Jason, whose demise as an infant in 1984 had been such an emotional blow to me. Such a gift of pure unfiltered Love!

My Gateway experience was the source of my passion for the LCN. I began telling the twelve participants this story, the significance of the group energy and my special gift from Jason. As I spoke of Jason, I suddenly realized that today, 15 October 2011, would have been Jason's 27th birthday and it brought me to tears of joy to know that he was by my side on this special day.

The initial meeting was a resounding success! I recruited Mary Giovaniello, a Gateway graduate, to be my assistant. The three other TMI people spoke about their Gateway experiences and we all decided on the meeting format that we still use today with slight modifications. We meet approximately once a month on Saturday afternoons from 1:00 to about 3:30. There are usually two meditation exercises and sometimes one, depending on the theme chosen for the day. We have a setup and debrief for each exercise to give participants time to share their experiences and time is allotted for mingling and snacks after each exercise.

We also established a chapter lending library which now contains 80 Hemi-Sync® and SAM exercise CDs.

A $5.00 voluntary donation per meeting subsidizes the library and provides for community headphones to lend and extra Rockstar splitters and cables for the four laptops we use for the meeting meditation exercises. This gives us the ability to handle up to 24 participants spread throughout our living room, dining room and family room.

"We also established a chapter lending library which now has 80 Hemi-Sync® and SAM exercise CDs."

In September we added a Circle of Intention and Healing to begin each meeting as an affirmation to work for the highest good of each member and send out healing intentions for those in need.

I try to bring my passion into all the chapter meetings as well as the planning and preparation. First and foremost, members are reminded monthly that; **Our Purpose is to explore the Unlimited Potential of Human Consciousness** and to **Remember this is all about enhancing our own spiritual growth, using our group energy as a catalyst and having fun in the process.** There are currently 60 people on our email list of participants from my spiritualist church, healing touch network, word-of-mouth and TMI referrals. Attendance averages about 10 per month. I prepare an email to announce each meeting with an overall theme and agenda for the day. Each meeting revolves around a central theme that I try to tie to a TMI residential program or a modality that has spiritual significance. I briefly describe each meditation CD and the narrator, if known.

Recent themes have included the ***Lifelines*** program where we viewed the television program from ***The UneXplained*** and discussed soul retrievals and a Healing Energy meeting where we performed demonstrations of Healing Touch and other energy modalities. Our December 29th meeting will showcase the New Year's Program with meditation exercises ***Transcendence*** – (Mark Certo) and ***Life Path Journey*** from ***Inner States*** (Patty Ray Avalon).

Cont. Pg. 11.

The Importance of Rest and Dreaming - Josh Langley

I find that this time of the year my body just wants to stop and I'm slowly learning to listen it. It's OK to take an afternoon nap or get a good night's sleep, it's how the body regenerates and releases tension and toxins built up over the 12 months. If we just keep on going, going and going our body is going to force us to stop and it won't be pretty.

The other important part is to give your mind a rest too. Normally I've got a head jammed full of ideas and lists of things to do but I'm learning to put the ideas in a box and write the lists down and then decide if I really need to tick them off. Usually it's a list of 'shoulds' not 'i would really love to do this'. I spend so much time stressing over the 'shoulds' I forget to enjoy myself and do things I like doing.

One of things I do love doing at this time of the year is dreaming. That could be dreaming of what things I want to achieve and shaping what my 2013 will look like. I find inspiration everywhere from certain magazines, books, going to the beach, taking a walk in nature, swinging in a hammock and also meditation. I love flicking through a big glossy book on beach houses or bush cabins and having long conversations with my partner and friends over a glass of wine in the courtyard.

It's about giving yourself permission to let the 'shoulds' go and immerse in the daydreaming that needs to happen if you want to start the new year fresh.

You are just as important as anyone else and when you treat yourself accordingly, you'll bring happiness to others too. *Josh Langley.*

Awakening Past Lives through Hypnosis - New at TMI

Integrated Imagery is a powerful technique used to explore the positive and negative karmic complexes (patterns) that we bring into this life. Through hypnosis and altered states supported by Hemi-Sync® music, one is guided to explore not only past lives but between life, before life, perinatal and biographical experiences that form the antecedents of those complexes. Most important, Integrated Imagery provides the opportunity to gain insight into the unique sense of our Soul Purpose.

This program is highly experiential. Participants will gain experience in conducting past life regressions through lectures, demonstrations, group processing and supervised paired regressions.

Topics explored during this program will include

- Principles of Integrated Imagery and Eriksonian Hypnosis.
- Discussion of Complex Psychology, karmic processes and Soul Purpose
- Techniques in Integrated Imagery including intake, hypnotic induction, processing and closure.

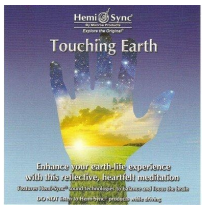
This program is highly experiential. Participants will gain experience in conducting past life regressions through lectures, demonstrations, group processing and supervised paired regressions.

The program is designed for counselors, licensed clinical social workers, psychotherapists, and others interested in incorporating Integrated Imagery Hypnosis into their counseling and therapy practice.

John Z. Amoroso, Ph.D., is a psychotherapist and educator from the Philadelphia area who has specialized for more than 25 years in transpersonal counseling using Integrated Imagery as a psychotherapeutic technique. He has training in Eriksonian Hypnosis, Gestalt Therapy, Psychodrama and PTSD. A faculty member of Atlantic University, he is the author of *Integrated Imagery: A Transpersonal Psychotherapeutic Approach, and Awakening Past Lives: A Step by Step Guide to Self Discovery.*

Dr. Amoroso will be assisted by Andrea Berger, a certified TMI Residential Trainer and graduate student at Atlantic University, where she has been certified in the Integrated Imagery program.

Touching Earth - Mind Food Hemi-Sync®



Deepen your relationship with Earth by entering into a heartfelt meditation to reflect on and celebrate this planet we call home. With the aid of Hemi-Sync®, Patty Ray Avalon guides you to recall and feel gratitude for your exquisite earth-like experience, celebrate your connection in your heart, mind and spirit, and allow yourself to just be in quiet communion with all that is.

"Enjoy this journey that can strengthen your connection and discover a new relationship with our Earth."

Gwen Jones

Another title by Patty Ray Avalon is The Creative Way with Hemi-Sync®

To watch a video from Patty Ray on The Creative Way click HERE.

Patty Ray Avalon is a Residential and Outreach Facilitator for The Monroe Institute and has been serving TMI since 1998. She is also a professional artist and has shown her work in the World Bank in Washington, DC, the U.S. Botanical Gardens and The Mellon Foundation. Her artwork can be found on her website. ***HERE***

The Process - Gwen Jones

When you commit to something, whether it is a way of life, a programme or a certain direction, something magical begins.

If it is a programme or a course, when you fill out your application and pay your deposit, it is a signal to "self" that you are committed and "The Process" to support and to assist begins.

It can be a very powerful time. Often we do not know or are not aware of what is happening.

Sometimes it can be a time of "clearing" and you may feel inclined to clean out your cupboards or closet. Sometimes it is a time of reflection, you may sit for hours remembering things. Thoughts and perceptions of events will flow in and out of our focus and then they are gone. You may feel emotional for no apparent reason or just feel happy and free. We are all different and are on different journeys.

If you sign up for a TMI programme or workshop, be aware, that when you have committed to the course, the process of change can start then, regardless of when the course is. To enable us to be ready for changes or the revelations, it helps to release the old to make room for the new, so to speak.

Knowing that we are going through a process is empowering, it can help the process to flow smoothly.

Next time you sign up for something that may be potentially life changing, be aware that you just may have triggered "The Process". Be aware that there is a purpose for "The Process" even if from your current position you cannot see it.

Most of all, enjoy the journey. GJ.

2013 Visions, Perspectives & Insights From The LCN

As the 2012 threshold has been crossed, many of us are feeling and experiencing many energy systems, information and intelligences from myriads of sources. For some it is religious reinforcement, others it's our *galactic* neighbors or simply a potent feeling of change and evolution with accompanying uncertainty.

I would like to present food for thought.

For quite some time human beings have undertaken the process of evolving through the help and utilisation of external influences – whether this be ritualistic practices, governments, ascended masters, angels, gurus, or science. These are all unique and wonderful experiences. Now, consider that there is one source that gets overlooked, many a time forgotten by most, until a critical mass is reached. This source is the only source that is *always* there, like a core. Whether the challenge is of minute or gargantuan proportions this source guides you *no matter what* – without conditions, ritual, negotiation or judgment. This source is ***You***.

Alyshane Pooloo
Chapter Leader
"TMI Sydney"

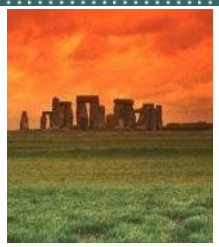
Whenever an individual or group, (of any dimension) decides to surrender its own source of direction, knowledge and influence for another, you lose focus of your own latent self and focus on these external factors. This may be your path and your interest and that is more than fine, but *always* remember that within yourself is where the infinite lies, where knowledge exists, within yourself is where all these external concepts lie, and also within yourself at a much broader perspective you understand that they do not even come close to your own inner *light* and being.

Imagine - journeying through the night alone in nature with your own torch, experiencing the highs and lows of the trip -what lessons will be missed if you called on someone or something to blast a spotlight through your journey!

All that is and all that you are is *within*. *Alyshane Pooloo.*

2012 Has Passed Away....

And we are still here! The doomsayer's predictions of the world ending, a rapture of the chosen and the ending of the Mayan calendar of time have left us all in the same living state as we were before....or have they?



Druidic Gems & Your Soul's Journey

Is this the dawning of a new age of consciousness? The time in which our thoughts, emotions and beliefs manifest in moments, as opposed to years? Is this the age in which these inner beliefs, thoughts and their emotions become apparent to us in a vivid inner light?

The answers to these and many other questions are yet to be revealed; and they will be revealed to each of us individually.....when we search inwardly for them.

2013 will be a blessing for all of us! Holding gratitude in our hearts will only bring us more experiences for us to be grateful for! As we enter this New Year, age and cycle of time, we have some exciting new happenings to share with all of you.

Bob Reber

2013 The Year Ahead – Frank DeMarco (cont. from pg. 1)

Our minds connect with other minds and interact. The difference in the three cases is who is on the other end of the line. A while ago, the disembodied entities I call The Guys Upstairs gave me three keys to these puzzles of communication.

1. Although the *brain* is located in the physical world, *mind* operates in the non-physical. Our bodies can't move backward or forward in time, but our minds do, and they do it all the time, effortlessly.

2. Communication between minds always takes place under non-physical conditions. Our bodies keep even the most ardent of lovers separate, but our minds know no such boundary.

3. Communication, whether between two minds or several, involves the creation of a temporary joint mind. To some degree what one mind knows, everyone involved knows.

Given these facts, maybe it's time to do less looking outward and more looking inward.

"Communication between minds always takes place under non-physical conditions."

To be more precise, maybe it's time we realized that our inner connections are the only way to repair our outer circumstances. In our inward-looking moments, we recognize that everything is connected. Why should we forget it as soon as we put our attention to "external" events?

An old Russian saying has it that "Two people can keep a secret, if one of them is dead." Maybe not. Since everything is connected, and since we are all unbreakably connected to the non-physical side of life, maybe the way to a better, freer, more open society is through closer connection Upstairs, individual by individual.

Now there's a revolution! There's the end of the world as we know it, and about time! Why shouldn't 2013 become the year that we remembered our home in the non-physical world, without forgetting how to function in the physical world at the same time?

Frank DeMarco

2013 Visions, Perspectives & Insights From The LCN

Let's get personal and begin with me. In fact, let's start with my birthday. Birthdays--aren't they great? A wonderful time to get together with friends, family over double chocolate cake and, hopefully, many presents. Since my last birthday was 12-21-12, a date when the Mayan Calendar ended and the forecasting of the end of the world...well, just my luck. As that eventful day came and went, however, some people were actually surprised our universe was still here on December 22nd. Many sighs of relief could be heard throughout the cosmos on that day. Life went on as usual—or did it?

Since mid-December, I have seen numerous subtle and some not-so-subtle changes. My intuitive skills are amplified. "Visits" from the other side have increased from approximately two to three a year to that many in just one week, including some new spirits. I've had "visions" occur during waking consciousness instead of during deep meditation or in a dream state. It's not just me, many friends have reported similar changes as well.

I believe an energetic shift is occurring that allows some to venture into areas not previously experienced. As 2013 progresses, more people will awaken to the synchronicities all around us; more people will search for true meaning in their lives. As groups of people awaken within this evolutionary process, they will seek new paths.

I see the LCN expanding in ways we did not dream possible. This new energy has breathed life into the LCN and she is undergoing a metamorphosis. As she absorbs this new energy, her life force is expanding and growing, to be of service to humanity, to meet the needs of those seeking answers. As people are reaching out, searching, the LCN's "virtual presence" across the continents becomes a guidepost for these new explorers in their new journey of self-discovery. Coming full circle, I envision the LCN as the life force, the embodiment and the manifestation of one of Bob Monroe's final edicts to "get it out there!"

Candie Sanderson, LCN Leadership Council, Naples, FL

I hold a vision that in 2013 the number of TMI Local Chapters will double. I can see that the gentle ripple of consciousness seekers has already begun growing into a huge wave that is sweeping the world. I see it locally in our own chapter that has grown exponentially because people are hungry to awaken, eager to connect with people of like mind, so happy to find people who understand the experiences they "can't quite find language for but recognize the vibration when they find us". And I know with certainty that what is happening in our small part of the globe is occurring all over this planet and gaining momentum.

We are more than local chapters - we are conversations. We hold space for people on their individual journeys as they explore, seek, ask, understand and ponder in amazement and awe. We are a pivot point - a place where people, whether wandering through or looking for a place to hang their cosmic hat, can gather around a mutual goal of awakening to who we truly are. The ripple is building - the wave is coming! Welcome 2013!

Laurin Bellg, LCN Leadership Council
TMI Appleton, Wisconsin

Near the end of 2012 it felt to me that the energies were block and restricted. I felt sure that come 2013, there would be a release and once again the energies would be "free flowing".

It felt to me that 2013 would be a year, where things that had been "put off" could now be completed with ease and that it would be a year of many "completions" for many individuals.

I felt it to be a year of tapping into the infinite void within to find answers, knowledge and to gain new perceptions, a year of immense personal growth.

With those thoughts, I greeted the new year with excitement and joyful anticipation, and I look forward to continuing my own personal growth and to be of assistance to others if I am meant to, who may come my way.

The members of the LCN have a great opportunity to be the change as they get to encounter many who are seeking and looking for answers.

To all of you, I say Happy New Year and may 2013 be an amazing year of discoveries for each of you.

Gwen Jones, LCN Leadership Council

LCN Chapter Directory - International Regions

International Region 1 – North America

Calgary, Canada
Contact: CCL Beth Haley
bethhaley@gmail.com
Meetup Group Link

St Paul, Canada
Contact: CL Jim Szpajcher
Mudman1@telus.net

International Region 2 – Latin America

✵ ***Buenos Aires, Argentina***
Contact: CL Martha Lobos
marthalobos@fibertel.com.ar

Rio de Janeiro, Brazil
Contact: CCL Deborah Sachs
desachs@attglobal.net

San Juan, Puerto Rico
Contact: CCL Carmen Montonto
academiamc2@gmail.com

International Region 3 – Europe

Macclesfield, England
Contact: CL Richard Northwood
richnorthwood@tiscali.co.uk

London, England
Contact: CL Michael Fasani
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Barford, England
Contact: CL William Lamb
tminorfolkandsuffolk@gmail.com

Paris, France
Contact: CCL Nelly Jolivet
n.jolivet@yahoo.com

Cluj, Romania
Contact: CCL Petru Stetiu
anapes@clicknet.ro

Satu Mare, Romania
Contact: CCL Ritta Nicoara
rittanicoara@yahoo.com

Bucharest, Romania
Contact: CL Marilena Ionescu
marilenaionescu@gmail.com

Muiderberg (NH), Netherlands
Contact: CL Joop de Jong
joopde_jong@hotmail.com

Noord Brabant, Netherlands
Contact: CL Leidi Haaijer
info@hemisound.nl

Switzerland
Contact: CCL Peter Renner & CCL Nicole Stoecher
peter@tmi-zurich.ch

International Region 4 – Japan

International Region 5 –Asia

International Region 6 –Africa

International Region 7 –Australia

Gold Coast, Queensland
Contact: CCL Gwen Jones
jonesgwen@msn.com.au

Melbourne, Victoria
Contact: CCL Irene Blanck
blanck.irene@gmail.com

Perth, Western Australia
Contact: CCL Elaine Bowes-Lamb
tmiperthandregionswa@gmail.com

Sydney, New South Wales
✵ Contact: CL Alyshane Pooloo
alyshane@live.com

International Region 8 –India

Kolkata, West Bengal
Contact: CCL Nikate Khaitan
nikatekhaitan@yahoo.co.in

Carol Sabick de la Herran, TMI President & Executive Director

Walking The Camino - Herman Van Wichen

Recently Herman from Australia and in his 70s,set off to walk The Camino, this is his story. Herman has now completed his walk and returned to Australia, his journey is recorded on his Facebook page.

"I have always liked walking, and for years thought of walking The Camino trail, which is about 800 km . So far I have walked about 120 km in training with a backpack.

The Camino trail runs near the border of France and Spain through the Pyrenees mountain range.

The history goes back to St James, who is reputedly buried in the cathedral of Compostela. Many ruins are built along the way by monks, crusaders and holy men. Some of those were built to rest and feed the pilgrims along and still do.

My purpose is simple and is my own pilgrimage, which is also bound in the Monroe idea of both physical and spiritual development. I love the crusading map making and searching and Monroe's philosophy of WE ARE MORE THAN OUR PHYSICAL BODY. So I see him as a magnificent brother who is showing me the way as well as Mahatma Ghandi, Nelson Mandela and Martin Luther King. I also aspire to their ideals and feel I have a long way to go.

I also hope my walk will be followed on Facebook by many and sponsored for ONE CENT A KM. The link on FB has the MSF to make donations to **Médecins Sans Frontières Australia.** I have also asked our local paper for involvement. I will update daily with pics and stories along the way on my iphone. I hope the Monroe family might join me also."

Herman Van Wichen

LCN Virtual Corner

Upcoming "virtual" events.

• **Joint Regional Coordinators & Chapter Leaders conference call:** These will be every other month, the next one will be Wednesday February 6th. Details and instructions will be sent out before the scheduled meeting.

• **Conference Calls with a Guest Speaker:** Our first one with William Buhlman was a great success. Thank you to all who were on the call. We hope to have another call with another speaker scheduled for soon. We will be concentrating on the LCN Retreat in February. and are putting together a schedule of sessions that we are going to Live Stream. The details are on Page. 3. We will advise you of the details when it has been arranged.

• **5th Local Chapter Network Retreat**: Following the success of the Live Streaming sessions during our February 2012 retreat. We will once again be "live streaming" some of the sessions at the June 2013 retreat. The timetable and details are on page 3 of this newsletter.

We are asking for volunteers with the experience, the time and the expertise to monitor some of these calls to assist the LCN Leadership Council in these tasks.

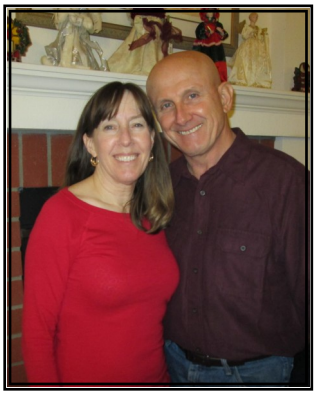
This is for the LCN members and we would like to hear what you would like.
Any ideas and connections would be appreciated, so that we can put together an interesting timetable for you all.

TMI LCN Chapter Poway, CA (cont. from page 6)

A really big hit was the ***Guidelines*** theme we did in June. Sometime earlier Shirley found her ***Guidelines*** letter and marveled over its depth and content. I found my ***Guidelines*** letter and we were both brought to tears while reading them to each other. This exchange became the inspiration for our Guidelines Themed meeting. I used Lee Stone's ***Connecting with your Inner Guides*** for the meditation exercise, we observed silent time and wrote letters in our higher states, which I collected in envelopes and mailed 3 weeks later to the authors.

Shirley has been such a supporter in preparing each Saturday for the meetings and arrangements for hot teas and bottled water that we furnish each meeting plus getting our home ready for everyone. Mary is my back-up and sounding board, who periodically comes up with suggestions to fill the holes and enhance the group experience. It continues to be a labor of Love for us all!

Fred Rible



Fred & Shirley Rible

TMI LCN Chapter Leaders — Facebook Page

For all of the LCN Chapter Leaders, there is a Facebook page just for **you**.

You can share your experiences and tips on your meetings, ask questions of the group and keep connected with your fellow Chapter Leaders from around the world.

It is a great resource and a great way to communicate and share information.

If you are shy about posting, become a member and see how the other leaders are going and read about their experiences and see their tips. You do not need to post yourself. After you have watched for awhile, you may feel more comfortable in posting.

There is something there for you all.

Things turn out the best for people who make the best out of how things turn out.
Anonymous

To access the page click on this LINK.

LCN Regional Coordinators - US Regions

Region 1 - New England
Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont
Deryn Winchester
derynwinchester@gmail.com

"I am not what happened to me I am what I choose to become".
Carl Jung

Region 2 - Northeast
New York, New Jersey, and Pennsylvania
Steve Winchester
swin2012@comcast.net

Region 3 - Mid Atlantic
Delaware, District of Columbia, Maryland, Virginia, and West Virginia
Tip Walker & Ellen Jones-Walker
cwalker@swva.net

Region 4 - Southeast
Alabama, Florida, Georgia, Mississippi, North Carolina, South Carolina, Tennessee, the Virgin Islands
George Painter
georgepainter@cfl.rr.com

Region 5 - Upper Midwest
Illinois, Indiana, Kentucky, Michigan, Minnesota, Ohio, and Wisconsin
Andrea Berger ABerger@cinci.rr.com
Regional Advisor: **Gary Powell,**
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Region 6 - Southwest
Arkansas, Louisiana, Oklahoma, and Texas
Chris Nance yeshua2000@yahoo.com

Region 7 - Midwest
Iowa, Kansas, Missouri, and Nebraska
Karl Boyken tmiiowacity@gmail.com

Region 8 - Rocky Mountain
Colorado, North Dakota, South Dakota, Utah, and Wyoming
Cindy Lyn Bartholome
cindylyn@ymail.com

Region 9 - Western
Arizona, Hawaii, Nevada, American Samoa, Commonwealth of the Northern Mariana Islands, Federated States of Micronesia, Guam, Marshall Islands, and Republic of Palau, New Mexico
Steve Winchester
swin2012@comcast.net

Region 10 - Pacific Northwest
Alaska, Idaho, Oregon, Montana and Washington
Beth Haley BethHaley@gmail.com

Region 11 - California
Diane Dyann
dianedyannTMI@aol.com

LCN Membership Discounts
$300 off one Residential Program annually for Regional Coordinators.
$200 off one Residential Program annually for Certified Chapter Leaders.
$100 off one Residential Program annually for Chapter Leaders & Co-Chapter Leaders.
Please note these discounts only apply to 6 day residential programs and are only available at TMI Virginia & TMI organized programs in California.

LCN Regional Coordinators - International Regions

Region 1 - North America
Canada, Beth Haley
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Regional Assistant: Tim Cayzer
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Region 2 – Latin America
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Brazil, **Deborah Sachs**
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Puerto Rico, **Carmen Montonto**
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Region 3 – Europe
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Region 7 - Australia
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Region 8 - India
Krish Chary
krcgimpro@yahoo.com

Are you a Leader? We need your help!

VOLUNTEER POSITION:

REGIONAL COORDINATORS FOR REGIONS in the US and INTERNATIONALLY:

We are looking for enthusiastic volunteers to be an integral part of the LCN team as a Regional Coordinator!

General Description

This volunteer position is responsible for planning, coordination and oversight of all LCN activities within the assigned region. This includes development of new and existing local chapters, providing support to chapter leaders in the areas of facilitation, technology and communication.

Responsibilities

*Maintains close contact with Local Chapter leaders to provide guidance and support with regard to LCN activities, policies and to help address any issues that may arise.

> **"We are looking for enthusiastic volunteers."**

*Serves as the first point of contact for TMI graduates and non graduates seeking a chapter in the region.

*Assists with local chapter development.

*Plans and oversees all regional activities, including conferences, workshops, etc.

Knowledge, Skills and Abilities

*Strong leadership and communication skills.

*Commitment to TMI's and the LCN's mission.

* Good computer skills & familiar in the use of Excel.

Please respond to Andrea Berger, aberger@cinci.rr.com

TMI Program Schedule

Are you are interested in participating in one of the 6 day residential programs at TMI?

Full details of programs held at Virginia, across the US and around the world are located on the TMI website at the following link: www.monroeinstitute.org/program-dates/

Human consciousness is evolving, awakening to the discovery of Self.

All of us are participants in the evolution of consciousness, the next great leap for humanity. We perceive ourselves to be more than just our physical bodies. We are connected to the universe through nonphysical dimensions and a holographic matrix of timeless information. Life itself is not something physical and death something spiritual. For us, life's experiences have taken on a new significance. We marvel at the wonder of an emerging perception of reality that has been here waiting for us to realize all along.

> **"We marvel at the wonder of an emerging perception of reality that has been waiting for us to realize all along."**

Outreach - Excursion Workshops

The basic Outreach program is a weekend workshop called the Excursion Workshop.

This two-day adventure into expanded states of awareness facilitates profound relaxation, deep contemplation, increased intuition, and communication with the higher self and with related energies.

Important personal revelations are commonplace during an **Excursion**.

Specifically designed exercises with the Hemi-Sync® audio-guidance technology form the core of the workshop, together with explanation, discussion, and supportive group interaction.

Looking for TMI Excursion Workshop in your area?

Details can be found on The Monroe Institute website at the following address:

http://www.monroeinstitute.org/outreach/calendar/

Outreach
The Monroe Institute

TMI Local Chapter Network

TMI LCN Leadership Council
Candie Sanderson
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bethsrt@hotmail.com
Andrea Berger
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Laurin Bellg
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Gwen Jones
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Yahoo Group - TMI_LCN

Email: tmilcnglobal@gmail.com

For previous issues of LCN Connections CLICK HERE

LCN Mission Statement

The Mission of the Monroe Institute Local Chapter Network is to establish independent local communities that will provide continuing support for program graduates as they endeavour to integrate their TMI experience into their daily lives and continue their exploration of consciousness and personal growth.

The Local Chapter Network will also provide a point of contact for others wishing to learn more about TMI and its programs.

The Monroe Institute Local Chapter Network

Networking and Connecting Individuals & Communities

Submission Guidelines to the LCN Connections

1. Do you have a story to tell that the LCN community would enjoy or have read a great book you would like to tell others about?
3. Would you like to advise the LCN Community about your Workshop?

Send your submission to
The Editor LCN Connections
tmilcnglobal@gmail.com

•Information about workshops and other special TMI events, including local chapter meetings, Excursion Workshops and TMI Residential programs will be disseminated in a neutral and non-partial way by the LCN Leadership Council, for the purpose of informing potentially interested persons and not for the purpose of advertising a particular workshop or event.

•The LCN Leadership Council and the Editor of the LCN Connections maintain the right to edit any given submissions.

•All photos submitted must be in a jpeg format and permission to print from all parties must accompany photos containing people.

Disclaimer: The views and content presented in this newsletter are written by and compiled by volunteers of the Local Chapter Network and do not necessarily reflect those of The Monroe Institute.

Footnote: The Local Chapter Network is an organization of volunteers who support the work of The Monroe Institute. Logos and registered or trademarked names are used with the permission of The Monroe Institute.

Editor: Gwen Jones